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**Trust
in a Hurry**

EMPLOYED HOMEMAKER



Texas Agricultural Extension Service
The Texas A&M University System
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Breakfast in a Hurry

*Frances L. Reasonover**

People feel better, work better and are more alert if one-third, or at least one-fourth, of the day's food is eaten at breakfast. Eating breakfast helps prevent mid-morning slump for the employed homemaker as well as for other family members.

Long periods between meals may cause nervousness, irritability and tension—all of which can keep you from working at peak performance in a pleasant manner. The greatest number of accidents on the job happen between 11 o'clock in the morning and noon. Slow reactions from lack of blood sugar to keep the brain working at top efficiency are blamed.

A breakfast that includes high quality protein such as milk, meat or eggs is more satisfying and prevents fatigue longer than a breakfast of equal size without protein.

Suggested Breakfast Pattern

The pattern suggested below is only a guide to help you plan a nutritional breakfast in a hurry. You can adjust it to suit your family.

Simple Breakfast Pattern

Fruit or juice

Main dish

Bread and/or cereal

Beverage

Fruit or juice. Fruit or juice is a good source of vitamin C; serve fresh, frozen or canned orange or grapefruit juice, tomato juice, cantaloup, strawberries, or powdered fruit drink mix.

Main dish. The main dish should include a protein food such as eggs, meat or cheese. Eggs and meat supply iron as well as protein. Breakfast protein is available also in cereal and milk. Dried beans or fried or hash brown potatoes are also possible choices.

Bread and/or cereal. Whole grain or enriched cereal or bread may be used. Waffles, pancakes, muffins or tortillas made with enriched flour count as bread.

Beverage. Beverages include milk or cocoa for children; milk, coffee or tea for adults.

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Time Versus Money

You may prepare breakfast in a hurry by selecting convenience foods, preparing foods ahead of time and selecting quick and easy methods of food preparation.

Convenience foods make breakfast quick and easy to prepare. These include canned, frozen and dried fruit, juices, beverage mixes, quick-cooking cereals, dry cereals, pre-cooked sausage, variety breads, ready-to-cook breads, sliced cheese, ready-to-serve meats, breakfast bars and instant breakfast mixes.

Convenience foods cost more than foods made from "scratch," but it is difficult to save both time and money. The employed homemaker usually has more money than time.

Shopping with a list helps you buy only those foods needed and choose the most nutritious and timesaving foods for the money available. Examples of foods that save money as well as time through careful shopping include frozen orange juice which is less expensive than canned or fresh oranges or juice and canned biscuits which are sometimes less expensive than those made from scratch, especially if on sale.

Sources of Nutrients Needed for Breakfast

Less expensive sources of necessary nutrients include the following foods.

Energy. Fats, oils, flour, breads, sugar, peanut butter, potatoes.

Protein. Dried beans, peanut butter, whole-grain cereals, bread, milk (especially nonfat dried milk), cheaper cheeses, eggs.

Iron. Dried beans, whole-grain or enriched breads or cereals, eggs, less expensive meats, potatoes.

Vitamin A. Fortified margarine, canned tomatoes, less expensive cheeses.

Vitamin C. Canned and frozen citrus fruit juices, canned tomatoes, potatoes.

Thiamine. Dried beans, whole-grain or enriched breads and cereals, inexpensive cuts of pork, potatoes.

Riboflavin. Milk, cheese, whole-grain or enriched breads, eggs, dried beans.

Niacin. Dried beans, peanut butter, whole-grain and enriched cereal products, less expensive meat.

Fiber. Fruits, potatoes, dried beans, tomatoes, whole-grain enriched breads and cereals.

Preparing Breakfast in a Hurry

Fruit or Juice

- Cut oranges or grapefruit in half; leave some in the refrigerator for late eaters.

Store reconstituted frozen juice or dry powdered fruit drink mix in a covered container in the refrigerator within easy reach.

- Applesauce can be used directly from the container. Buy applesauce in a jar for easy serving and storage.
- Wash apples and store in plastic bag, ready to eat out of hand.
- Peel fresh peaches or pears the night before and coat with lemon juice to prevent darkening. Cover and store in the refrigerator.
- Cook dried fruit and store in the refrigerator. For variety or to stretch servings, combine fruits such as berries and sliced peaches, or bananas with oranges.

Main Dish

- Cook extra sausage or bacon on the weekend and store in the freezer in serving size packages. Reheat in frying pan, oven or microwave.
- Cook bacon in the microwave on a paper plate. Ready-to-serve meats may be used instead of ham or sausage that must be heated.
- Poach an egg in hot consomme.
- Cook a double batch of beans and use leftovers for refried beans for breakfast.

Breads

- Make bread, waffles and pancakes from quick mix.
- Heat frozen waffles, pancakes or tortillas in the microwave topped with a pat of butter. Leftover biscuits may be heated in the microwave to original freshness.
- Sweet rolls, coffee cakes, doughnuts and muffins may be cooked quickly in the microwave. Frozen or leftover breads may be heated quickly in the microwave.
- If making toast in the oven or broiler with butter, put butter on the bread, cover and store in the refrigerator overnight and it's ready to pop into the oven in the morning.

When you plan to make muffins or other hot breads from scratch for breakfast, put dry ingredients in the mixing bowl the night before and cover. Add liquid and melted fat or oil the next morning. Baking pans may be greased and covered the night before or paper muffin cups may be used.

Cereal

- Cook dried fruit and cereal together for quick and easier service.
- Cook cereal such as oatmeal and grits in the microwave.
- Ready-to-eat cereal is quick to serve with milk and toppings. Quick toppings that add variety are brown sugar, peanut butter and honey, jam, jelly, preserves and fruits such as applesauce, bananas, peaches, strawberries, blueberries and dried fruits. Nuts also may be used as toppings.

Beverages

- Use instant coffee, tea or tea bags.
- Freeze leftover coffee or tea in ice trays and use as ice cubes in iced coffee or tea.
- Leftover coffee and tea may be heated in the microwave.
- Instant cocoa mix adds variety to milk. Caramel and chocolate ice cream topping are other choices.
- Hot consomme and tomato soup may be heated quickly for something different as well as nourishing.

Prepare Food Ahead

- Crunchy breakfast cookies, coffee cakes, crepes and muffins can be prepared ahead of time from double-batch recipes or prepared on the weekend.
- Cook dried fruit overnight in a slow cooker to have it ready for breakfast.
- Make your own quick bread mix, cocoa mix and granola mix.

Use Non-traditional Foods

- Cheese and meat pies are nutritious and as suitable for breakfast as for other meals.
- Breakfast cookies add variety to the traditional breakfast.
- Eat a peanut butter and jelly sandwich. Any sandwich is suitable for breakfast when the ingredients are available.

Use Commercial Convenience Foods

- Stock extra convenience foods.
- Ready-to-eat cereals provide quick and nutritious main dishes.
- Instant breakfast mixes and breakfast bars may be served when there isn't time to prepare other foods.

k Clean-Up

- Rinse dishes and put in dishwasher. Or, rinse and stack if there is not enough time to wash dishes immediately after breakfast. Hard-to-rinse-and-wash dishes and utensils such as plates with hardened egg or pots used for cooking cereal may be soaked in cold water and left until the next clean-up. Leaving the kitchen clean and in order will make preparation of the next meal easier and quicker.

If Your Weight Is A Problem

Some people try to keep from gaining weight by eating a limited breakfast or by skipping the entire meal. However, a better way to prevent gaining weight is to eat a good breakfast, but cut down on total calories eaten during the day.

Eat only enough food to maintain normal weight. Avoid excess fat, concentrated sugars and high-calorie carbohydrate foods.

The average woman needs 2,000 calories daily. The average man needs 2,700 calories daily. One-fourth to one-third of these calories should be consumed at breakfast. This would be 500 to 666 calories for a woman and 675 to 900 calories for a man. Either breakfast in Table 1 provides necessary calories, but the weight-watcher should choose the low-calorie, high nutrition breakfast.

The Breakfast Bustle

To avoid the breakfast hustle and bustle, you may need more time for eating as well as preparation. This may mean getting up earlier and going to bed earlier the night before. If this is impossible, some double-quick menus served cafeteria style, or even carried by early morning "sprinters" may be the answer.

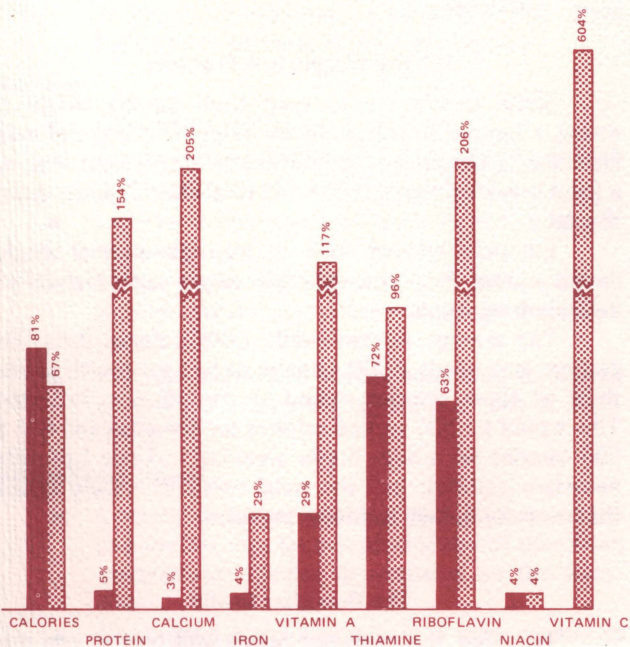
Plan ahead. Place utensils where they are to be used. Measuring ingredients such as water and coffee the night before will save valuable minutes in the morning. Plan to prepare foods that require as few utensils and as little clean-up as possible. Use as few dishes and flatware as possible. Set the table after the night meal to have it ready for breakfast. Cover it with a cloth.

When Family Members Eat Breakfast at Different Times


Have breakfast foods within easy reach of family members. For example, keep fresh or reconstituted dry or evaporated milk in the refrigerator to serve as a beverage and for cereal. Keep an assortment of dry cereal on the cabinet shelf within reach of even small children.

Have available an assortment of the family's favorite canned, fresh and frozen fruit and juices. Glasses of milk and fruit juice may be poured and kept in the refrigerator, ready for other family members.


If family members eat breakfast within a short time, food may be left covered on the table or range while they may serve themselves.



EARLY MORNING WAIST WATCHING

 **High Calorie
Low Nutrition**

- 1 slice enriched toast
- 1/2 teaspoon butter
- 1 tablespoon jelly
- 1 doughnut (1 ounce)
- Coffee
 - 1 tablespoon cream
 - 1 teaspoon sugar

 **Low Calorie
High Nutrition**

- 1 orange
- 1 egg
- 1 slice enriched toast
- 1/2 teaspoon butter
- 1 glass skim milk
- Coffee

Table 1. Early Morning Waist Watching

Quick Breakfast Menus for Special Needs

Buffet Breakfast

Orange or Cranberry Juice
Wheat, Oat or Corn Dry Cereals
Whole or Low-calorie Milk
Creamed Dried Beef
(served from double boiler)
Toast
Blackberry Jam
Coffee

Low Calorie Breakfast

Tomato Juice or Cantaloup
Poached or Soft-boiled Egg
Toast
One-half Pat Butter or Margarine
Low-calorie Milk Coffee

Oven Breakfast

Orange Juice
Ready-to-eat Cereal Milk
Oven French Toast
Coffee

Quick Breakfast with a Mexican Flavor

Orange
Refried Beans Tortilla
Coffee

Low Cost Breakfast

Frozen Orange Juice
Cooked Cereal and Milk
Toast
Margarine
Milk Coffee

Moderate Cost Breakfast

Half Grapefruit
French Toast with Corn Syrup
Margarine
Milk Coffee

High Cost Breakfast

Half Cantaloup
Ready-to-eat Cereal Cream
Scrambled Eggs Bacon
Butter
Milk Coffee

Pocket Breakfast

(To carry or eat enroute)
Apple or Sectioned Orange
Hard-cooked Egg
Pumpkin Bread Cream Cheese Sandwich
Coffee and Milk

Broiler Breakfast

Broiled Grapefruit
Meat and Pineapple Broil
Butter or Margarine Jam
Toast
Milk Coffee

Quick-as-a-Wink Breakfast

Tomato Juice
Favorite Dry Cereal Milk
Cinnamon-Cornbread Sticks
Coffee

Quick Breakfast Recipes

Fruits

Broiled Grapefruit

Cut each grapefruit in half. Section each half and sprinkle 1 tablespoon brown sugar on top. Place on broiler rack. Broil about 10 minutes or until sugar is bubbly.

Oven-Baked Dried Fruit

Place 1 pound of dried prunes or dried apricots in a casserole, or combine them half and half. Cover fruit with boiling water. Cover casserole and place in cold oven overnight. In the morning, turn oven to 350° F.; after oven reaches this temperature, bake fruit 15 minutes.

Breads, Cereals, Cookies

Rolled Oats Mix

4 cups flour	¼ cup baking powder
4 cups rolled oats, quick cooking	1 tablespoon salt
1½ cups non-fat dry milk	1½ cups shortening

Stir dry ingredients together until well mixed. Cut in fat until well blended. Place in a glass jar or tin can. Keep tightly closed in a cool place. Use the mix within a month. Makes about 10 cups.

Oatmeal Biscuits

2 cups rolled oats mix	About ½ cup water
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Add enough water to the dry mix to make a soft dough. Turn out on a lightly floured board and knead a few times. Pat or roll to the desired thickness and cut with a floured cutter. Bake at 425° F. for 12 minutes. Makes 12 medium-sized biscuits.

Oatmeal Muffins

2¼ cups rolled oats mix	¼ cup raisins, if desired
2/3 cup water	1 egg

Combine all ingredients and stir just enough to moisten dry ingredients. Fill greased muffin pans two-thirds full. Bake at 425° F. about 20 minutes. Makes 12 muffins.

Biscuit Mix

8 cups sifted all-purpose flour	1 tablespoon salt
1½ cups non-fat dry milk	1½ cups shortening
¼ cup baking powder	

Stir dry ingredients until well mixed. Cut in shortening until well blended. Store in a tightly covered container in a cool place. Use within a month. Makes 10 cups.

Biscuits

2 cups biscuit mix	1/3 to ½ cup water
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Add water to the dry mix, using enough to make dough that is soft but not sticky. Turn dough onto a lightly floured board and knead a few strokes. Roll or pat to ¾-inch thickness. Cut with a biscuit cutter or cut into squares with a knife. Bake at 450° F. for 12 to 15 minutes. Makes 12 2-inch biscuits.

Muffins

1 cup biscuit mix
1/3 cup water

1 egg, beaten

Grease 6 medium-size muffin pans or use paper liners. Combine all ingredients and stir just enough to moisten dry ingredients. Fill muffin pans two-thirds full. Bake at 425° F. about 20 minutes. Makes 6 medium-sized muffins.

Griddle Cakes

1 cup biscuit mix
1/2 cup water

1 egg, beaten

Combine all ingredients; stir just enough to moisten dry ingredients. Drop by spoonful onto a hot greased griddle. Cook slowly until the surface is covered with bubbles; turn and cook until second side is well browned. Makes about 6 medium-sized pancakes.

Orange Nut Bread

2 cups flour
1/2 cup sugar
1 teaspoon salt
2 teaspoons baking powder
5 tablespoons fat
2 eggs

1 cup milk
1/4 cup orange juice
2 tablespoons grated orange
rind
1/2 cup chopped nuts

Sift dry ingredients together in a mixing bowl. Cut in the fat. Add the nuts and orange rind. Beat the eggs; add the milk and orange juice and combine with the dry ingredients, stir until well mixed, but leave the mixture rather lumpy. Pour into a greased loaf pan and bake at 350° F. for 50 to 60 minutes.

Peanut Butter Bread

2 cups flour
1/2 cup sugar
2 teaspoons baking powder
1 teaspoon salt

3/4 cup peanut butter
1 egg, well beaten
1 cup milk

Sift dry ingredients together. Cut in the peanut butter. Add eggs and milk and stir just enough to moisten all the dry ingredients. Bake in a greased loaf pan at 350° F. for 1 hour or in 7 6-ounce frozen fruit juice cans at 375° F. for 30 minutes.

Zucchini Bread

2 cups zucchini squash
(grated)
3 eggs, beaten until foamy
3/4 cup cooking oil
2 1/2 cups sugar
1 cup chopped pecans or peanuts

3 cups sifted flour
1 teaspoon soda
1/4 teaspoon salt
1 teaspoon cinnamon
1 teaspoon nutmeg
Pinch allspice

Sift together flour, soda, salt and spices. Combine zucchini, eggs, cooking oil and sugar in large mixing bowl. Add one-half dry ingredients, mix only until blended. Add remaining dry ingredients, stirring until smooth. Add chopped pecans or peanuts (may be chopped in blender). Pour into 2 well-greased and floured 8-inch loaf pans. Bake at 350° F. for 40-45 minutes or until done. Let stand 10 minutes. Remove from pan to cool. Yield: 2 loaves.

Granola Mix

$\frac{3}{4}$ cup butter or margarine	$3\frac{3}{4}$ cups old-fashioned
$\frac{1}{2}$ cup firmly packed brown sugar	oats, uncooked
$\frac{1}{2}$ cup preserves	2 teaspoons cinnamon
	$\frac{1}{4}$ teaspoon salt

Combine butter, sugar and preserves in saucepan. Cook on low heat, stirring constantly until well blended; remove from heat. Add combined oats, cinnamon and salt; mix until oats are thoroughly coated. Spread mixture evenly into greased $15\frac{1}{2} \times 1\frac{1}{2}$ -inch jelly roll pan. Bake at 325° F. for 40 to 45 minutes or until golden brown, stirring occasionally. Immediately spread mixture onto ungreased cookie sheet or aluminum foil; cool thoroughly. Break into bite-sized pieces. Store in tightly covered container in cool dry place or in refrigerator. Makes 7 to 8 cups.

Variations:

- Substitute $3\frac{1}{2}$ cups quick-cooking oats for old-fashioned oats.
- Reduce oats by $\frac{1}{2}$ cup; add $\frac{1}{3}$ cup wheat germ.
- Reduce oats by $\frac{3}{4}$ cup; add $\frac{3}{4}$ cup coconut.
- Add 1 cup raisins after baking, mixing well.

Cinnamon Cornbread Sticks

Cut leftover cornbread into $1 \times 1 \times 3$ -inch sticks. Melt butter or margarine in frying pan. Saute cornbread sticks about 1 minute, turning to heat all sides. Add butter or margarine as needed. Roll sticks in cinnamon and sugar mixture. Serve immediately. Allow 3 per serving.

Breakfast Cookies

$\frac{3}{4}$ cup butter or margarine	1 teaspoon soda
$\frac{2}{3}$ cup firmly packed brown sugar	$\frac{1}{4}$ teaspoon salt
1 egg	1 cup oats (quick or old-fashioned, uncooked)
2 teaspoons prepared mustard	1 cup raisins
$1\frac{1}{4}$ cups all-purpose flour	2 smoked pork sausage links, finely chopped
$\frac{1}{2}$ cup cornmeal	

Beat together butter and sugar until light and fluffy; blend in egg and mustard. Add combined flour, cornmeal, soda and salt; mix well. Stir in remaining ingredients. Drop by heaping tablespoonsful onto ungreased cookie sheet about 2 inches apart. Bake at 375° F. about 12 minutes or until edges are golden brown. Cool thoroughly on wire rack. Store in tightly covered container in refrigerator. Makes about 2 dozen cookies.

Note: To reheat cookies, bake in toaster oven or in oven at 300° F. about 5 minutes.

Peanut Butter Breakfast Cookies

$\frac{3}{4}$ cup butter or margarine	$1\frac{1}{4}$ cups all-purpose flour
$\frac{2}{3}$ cup peanut butter	1 teaspoon soda
$\frac{2}{3}$ cup firmly packed brown sugar	$\frac{1}{4}$ teaspoon salt
2 eggs	3 cups flake cereal

Beat together butter, peanut butter and sugar until light and fluffy. Blend in eggs. Add combined flour, soda and salt; mix well. Stir in cereal. Drop by heaping tablespoonsful onto ungreased cookie sheet. Bake at 350° F. for 10 to 12 minutes or until light golden brown. Makes about 3 dozen cookies.

Prepared in the Microwave Oven

French Toast

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| 1 egg | 4¾-inch-thick slices |
| ¼ cup milk | French bread |
| 1/8 teaspoon salt | 1 tablespoon butter or |
| Dash cinnamon | margarine |
| ½ small ripe banana, cut up | |

In blender container combine egg, milk, salt and cinnamon; blend until smooth. Add banana pieces; blend until smooth. Pour mixture into shallow dish. Dip both sides of bread slices in mixture. Meanwhile, heat "browning skillet" or platter in microwave oven on "high" setting for 3½ minutes. Add butter to dish; lightly grease surface. Place bread on dish. Micro-cook, uncovered, on "high" setting for 45 seconds. Turn toast over. Micro-cook 45 seconds more. Serve with jelly or syrup. Serves 2.

Cinnamon and Spice Grits

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| 1¼ cups water | ½ teaspoon cinnamon |
| 2 0.8-ounce packets instant grits | ¼ teaspoon nutmeg |
| ½ cup raisins | Unflavored yogurt or milk |
| 1 tablespoon sugar | |

Combine all ingredients except yogurt or milk in 4-cup glass measure or bowl. Cook in microwave oven for 3 minutes; mix well. Serve warm or cold with yogurt or milk, as desired. Makes 2 servings.

Beverages

Instant beverages are prepared in the microwave by heating water in a serving cup. It takes less than 2 minutes to boil water for a single serving. Boiling time depends on the amount of water heated and whether it comes from the hot or cold water tap. Arrange cups in a ring when heating more than one cup. Watch through door when heating milk-based liquids; they boil over rapidly. As boiling starts, open the oven door.

Cocoa Mix

- | | |
|--------------------------------|-----------------|
| 4 cups non-fat dry milk solids | 1 cup sugar |
| 1 cup cocoa | ½ teaspoon salt |

Measure milk, cocoa, sugar and salt. Sift 5 times to mix. Store in tightly covered jar or can.

To make one cup of cocoa from your mix:

Measure ¼ cup cocoa mix and add to 1 cup hot or cold water. Stir until smooth. Store leftover mix in the refrigerator.



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